



BREAK *FREE*

with Jack Canfield

A Powerful Free Training to Dissolve the
Emotional Blocks Standing in the Way
of Living Your Best Life

TRAINING GUIDE

includes:

- **Wheel of Life Assessment**
- **Goals Worksheet**
- **Identifying & Removing
Blocks Worksheets**

*“To achieve major success in life, you must accept
100% responsibility for your life and results.
Nothing less will do.”*

— Jack Canfield

Welcome to the Break Free training - I'm so excited you're participating!

This training is designed to help you break free from what's been holding you back from showing up fully as your best self – so you can finally achieve your big goals and make the leap from where you are and where you want to be. I recently went through this training myself and it helped me heal some unconscious blocks that had been controlling my thoughts and behavior *since I was a child!* I know that you are going to find this experience valuable, too.

To help you get even MORE out of my **BREAK FREE Training**, I have prepared a quick “homework” assignment that will help you clarify where you are currently in the 7 key areas of your life – so you can understand where you might want to focus your attention and efforts during our training together.

I encourage you to take a few minutes to complete the following self-assessment exercises BEFORE our training, as it will help you go deeper, faster into your learning.

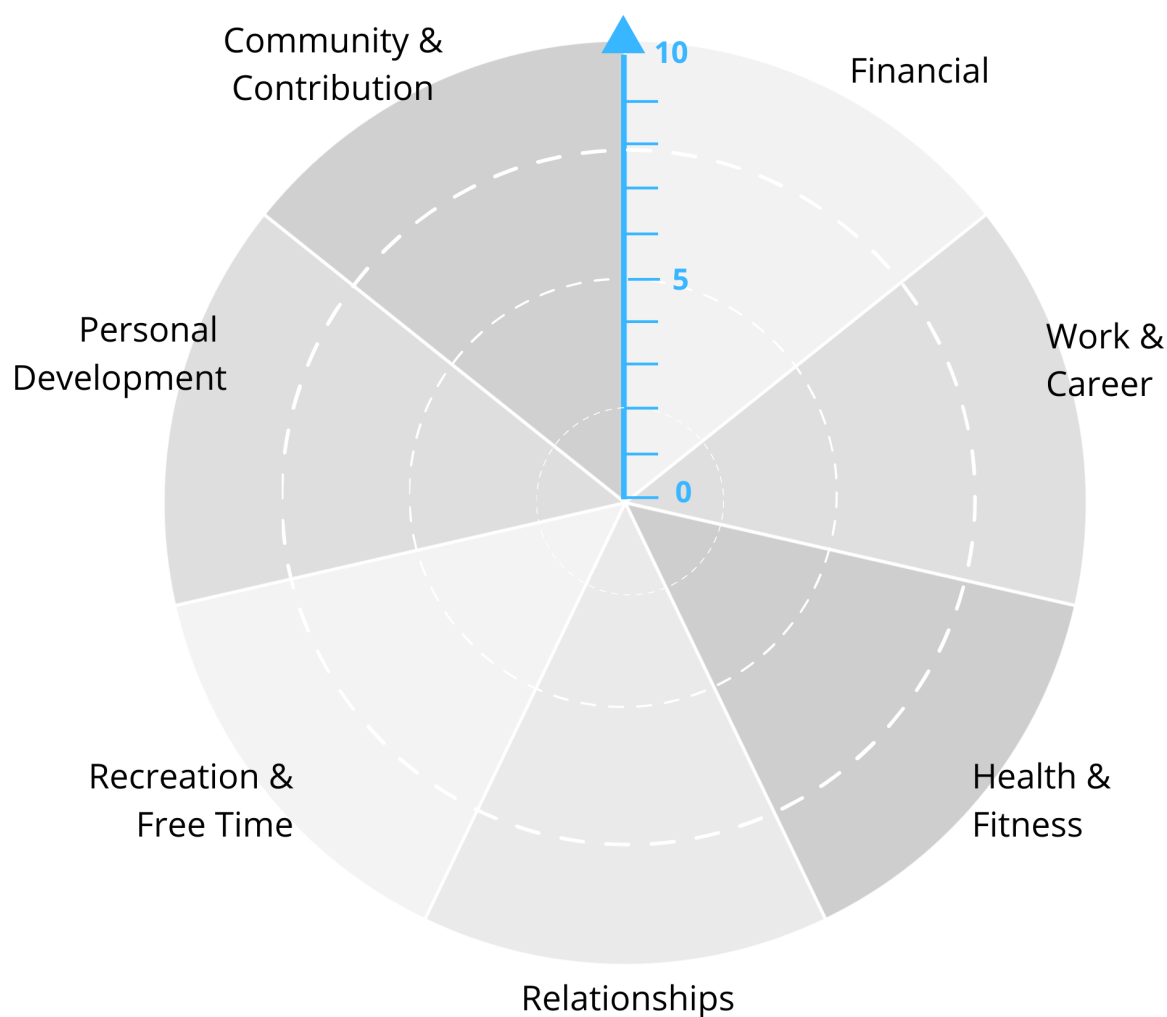
Please note that it's not 100% mandatory for you to complete this activity before your training, so don't skip attending if you haven't done your homework! But you will find the training more powerful if you do the work.

These activities will help you identify the areas where you may have blocks or emotional challenges that have kept you from making progress in those areas – so it will be easier for you to break free from these patterns so that you can live a more fulfilling and rewarding life!

The best part is, during the training, you'll also have the chance to gain more clarity into what you want your life to look like, as well as the goals you'll need to achieve to make your vision a reality.

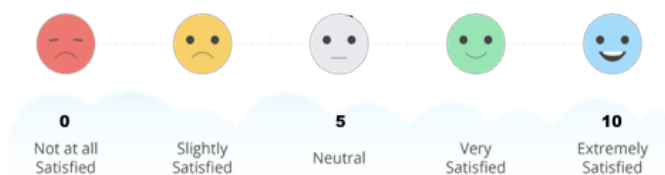
Are you ready? ***Let's get started!***

Part 1: The Wheel of Life



INSTRUCTIONS

To fill out your Wheel of Life, score your level of satisfaction in each of the seven areas of your life. Zero being that you are not at all satisfied, and ten being that you're extremely satisfied where you're currently at.



Wheel of Life Assessment

How does your wheel look? Is it balanced or do you have some that are 9's and 10's and others with 2's and 3's? Most importantly, does it reflect your priorities accurately? Do you like the way it looks or is there an area that you'd like to change?

Looking at this wheel, what is one area of your life you are totally rockin' it in? Has this always been an area you've felt good about, or did you intentionally create a specific result in this area?

What do you think has contributed to your success in this area? Are there certain beliefs that you hold that support your success in this area? Do you have specific routines? Are you more intentional?

What is one area you want to improve? If you improved in this one area, would it make a positive impact on other areas? Have you always struggled in this area or is this just recent?

What are the habits or beliefs you've held in this area? Why do you feel you've struggled in this area?

Part 2: Your “Best Life” Activity

Visualize your ideal life. Close your eyes and just imagine that you have released all the limiting blocks that have been holding you back from showing up as your best self. All seven sections of your Wheel of Life are now fully colored in as “perfect 10s” and you are living all areas of your life to the absolute fullest. Each day is filled with joy, purpose, and balance. *Sounds pretty amazing, right?*

Now answer the following 4 questions from the perspective of your liberated self:

1. What does your life now look like, now that you’re living your best life? How do you spend your time each day? What does your work/life balance look like?

Brainstorm your “best life” vision here:

2. **How do you FEEL now that you're living all areas of your life to the fullest?** What are you most grateful for?
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3. **What are 1-3 big impact goals that you can achieve before the end of the year that will help you make your "best life vision" a reality?** Look at your Wheel of Life and consider the areas that are most out of balance right now. What goals can you achieve that will bring those areas back into balance and make a big impact on other areas of your life as well?

(For example: if your health is currently out of balance, getting healthy will give you a huge boost in energy and self-confidence that will likely have a huge impact on all areas of your life. If you're currently in debt, getting out of debt and into the black will likely have a huge impact on your personal life, your relationships, and even your health.)

List your top 1-3 "big impact" goals here:

1. _____

2. _____

3. _____

4. **Make a commitment to achieving the goal(s) you identified before the end of the year!**

"I, _____, am committed to achieving the goals identified above by midnight December 31st, 20__ if not before then."

Part 3: Attend the Break Free Training & Live Your Truth

Once you have completed the above exercises, please feel free to share your completed Wheel of Life or the “big impact” goals you identified with a close friend whom you can trust to be positive and supportive - and please share your insights with us BEFORE The truth is, most people, deep down in their hearts, want the very same things you want. You’ll find that, when you share your vision and goals, some people will want to help you make it happen. Others will introduce you to friends and resources that can help you.

I look forward to seeing you for training!

☞ **Please keep an eye on your inbox** as I will be sending you an email with details and link for how to join the training . Also make sure you have this workbook on hand as I will be walking you through the following worksheet during the training.

If you are unable to attend the live class, a replay will be made available within 24-48 hours of the event.

Let’s make this your most amazing year yet!



***Please have the following
page for our training session***

Identifying & Removing Blocks Worksheet

An area of my life where I feel stuck, blocked, or I'm having a hard time creating what I want is: _____

The feeling I feel when I focus on this is: _____

Where and how that feeling manifests itself in my body is:

The early experience I went back to is:

The limiting decision I made or the limited belief I took on is:

The coaching I gave to my younger self is:

My new belief is:

My new affirmation is:

The coaching that my wise, enlightened 85-year-old self gave me is:

I now feel: _____